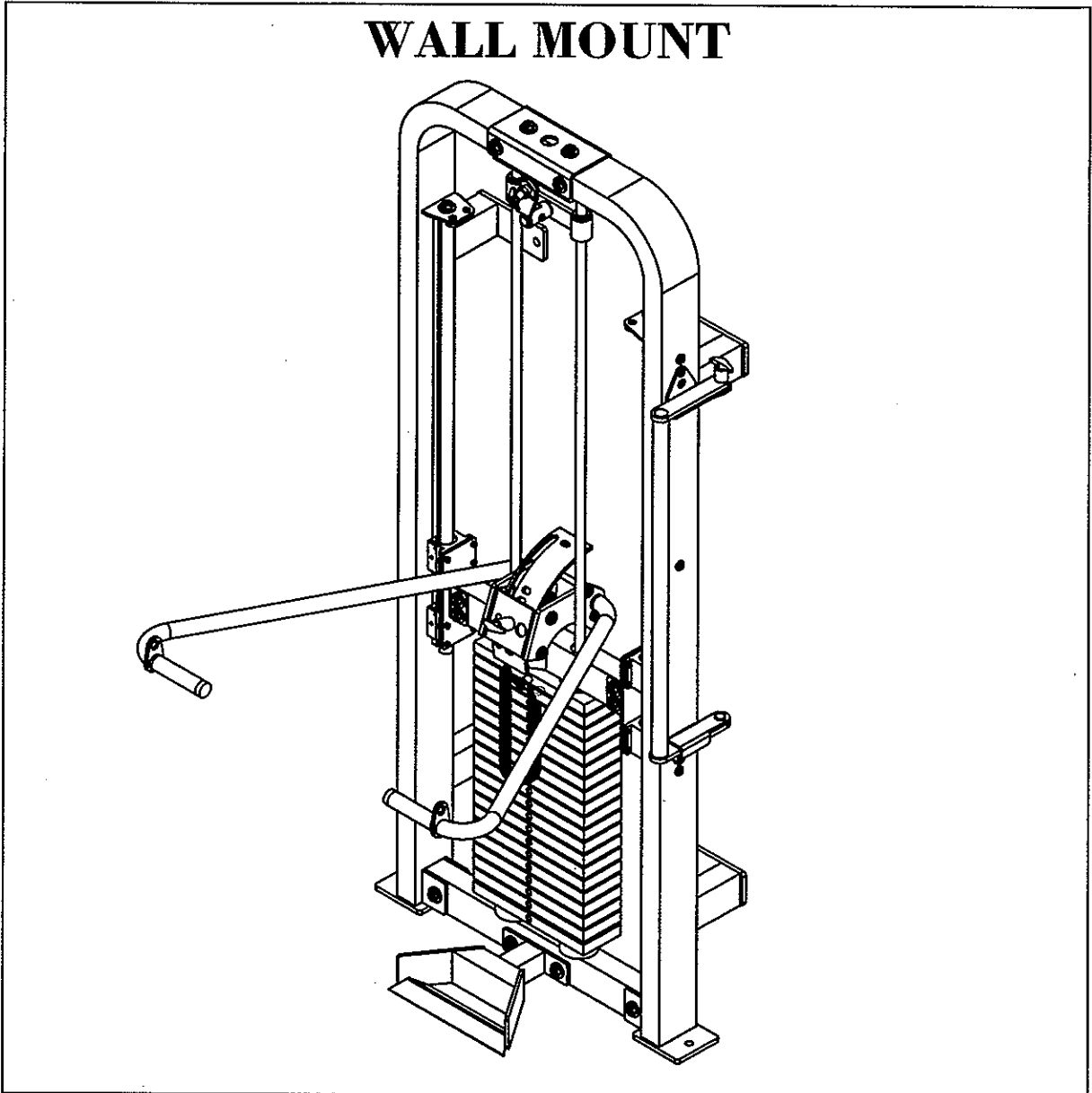


OWNERS MANUAL



HDG500

WALL MOUNT



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

MAY, 2003

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OWNERS MANUAL

Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Socket Wrench

1/2", 9/16" and 3/4" Sockets

3/4" Open end Wrench

Crescent Wrench

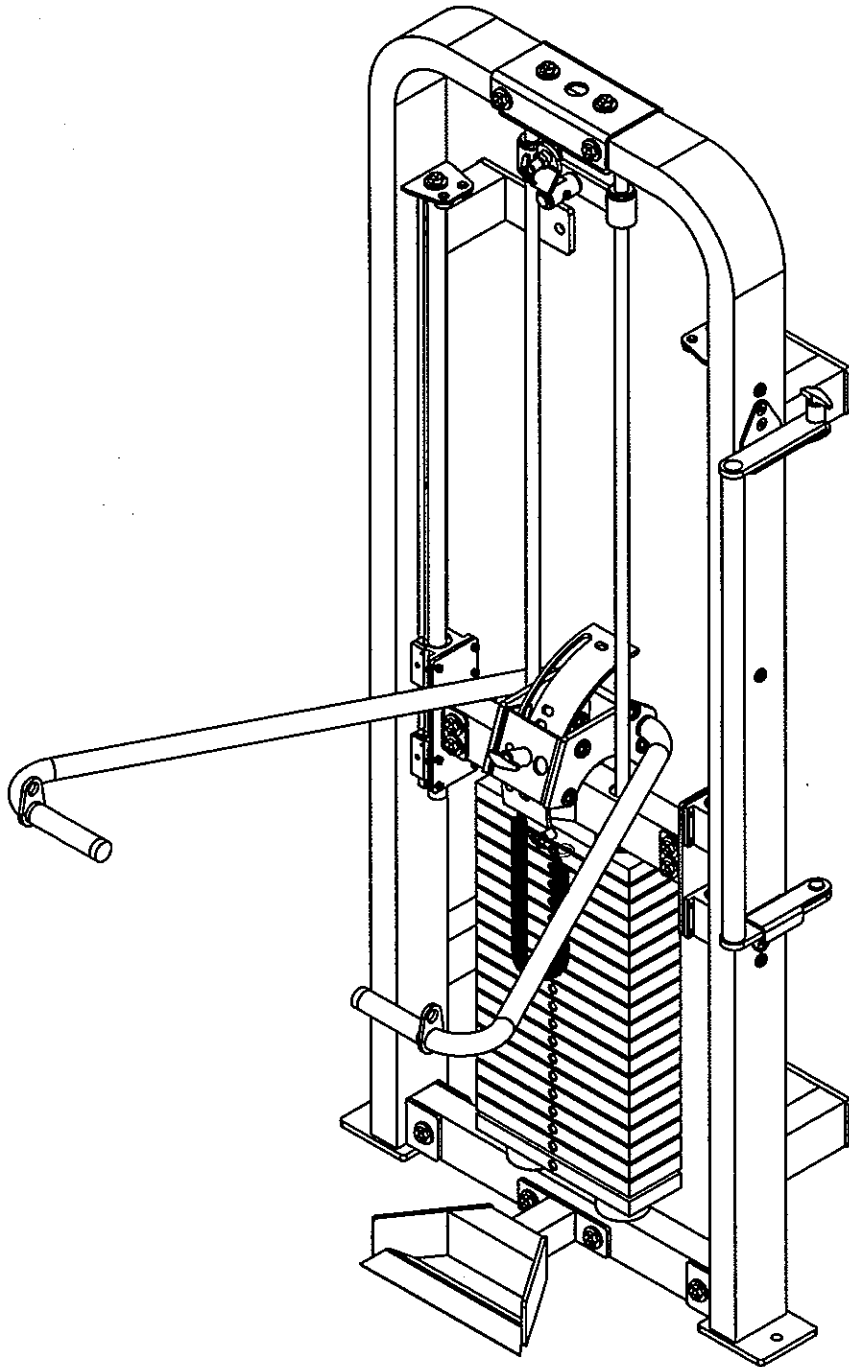
Rubber mallet

Tape Measure

Allen Wrench Set

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Step 2 FRAME ASSEMBLY



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Step 2a FRAME ASSEMBLY

Start assembly by attaching (4) to both (1) and (2). Finish by attaching (3) to (1) both and (2). Hand tighten bolts.

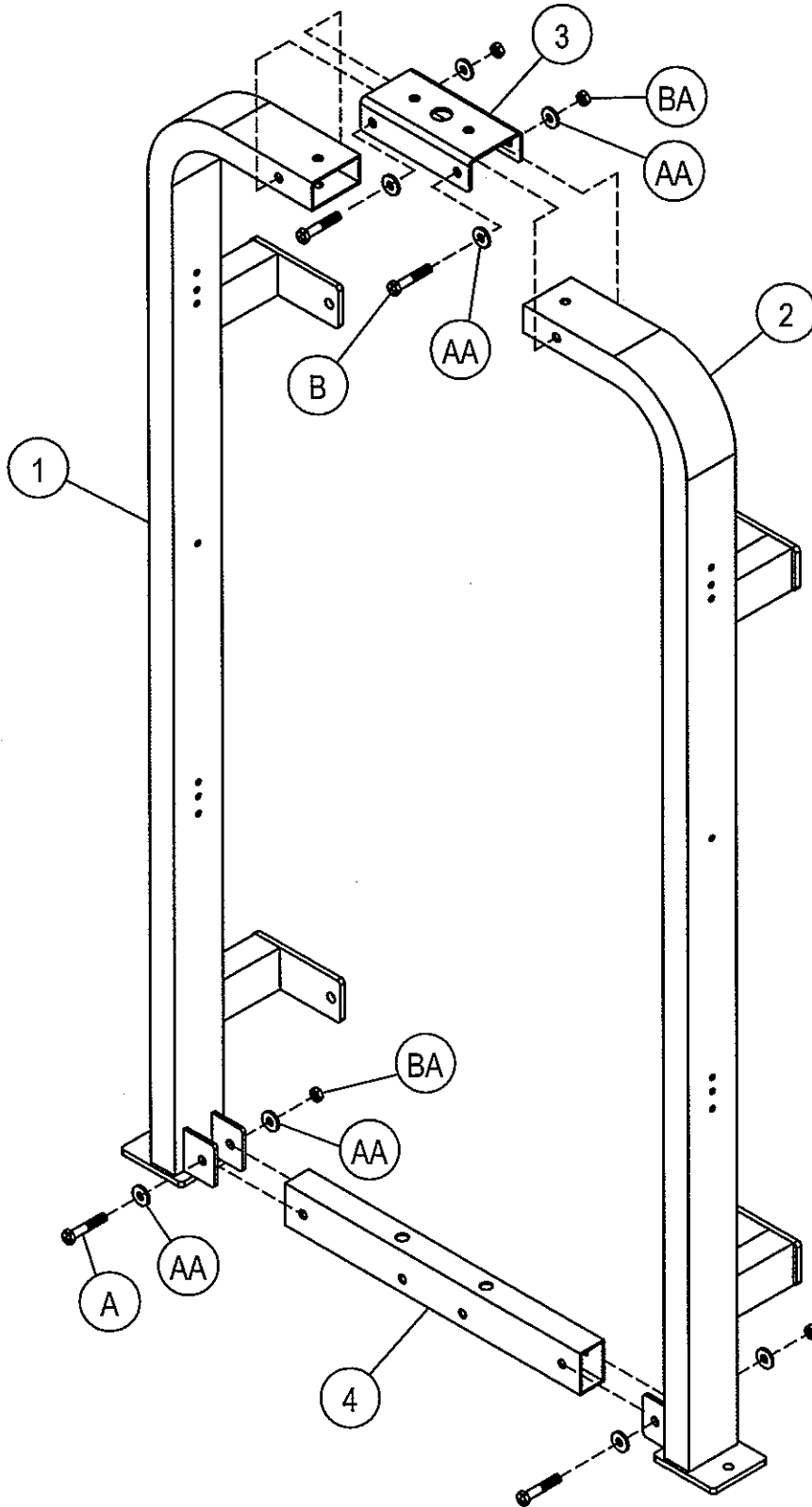
Part Descriptions

- 1 - Frame Upright (Left)
- 2 - Frame Upright (Right)
- 3 - Top Mount
- 4 - Lower Frame Support

Hardware Descriptions

- A - 1/2-13 x 3 1/4 HHB (WZ)
- B - 1/2-13 x 5" HHB (WZ)
- AA - 1/2" SAE Flat Washer
- BA - 1/2" Nylok Nut

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Step 2b

FRAME ASSEMBLY

Start assembly by inserting both (8)'s into (4), and tilt forward about 10°. Next slide a (CA) on to each (8), followed by 20 (9)'s. Continue by sliding (7), (6), and (5) onto both (8)'s. Next mount the stack by attaching (5) to (3). Wrench Tighten Bolts including bolts from previous step, 2a.

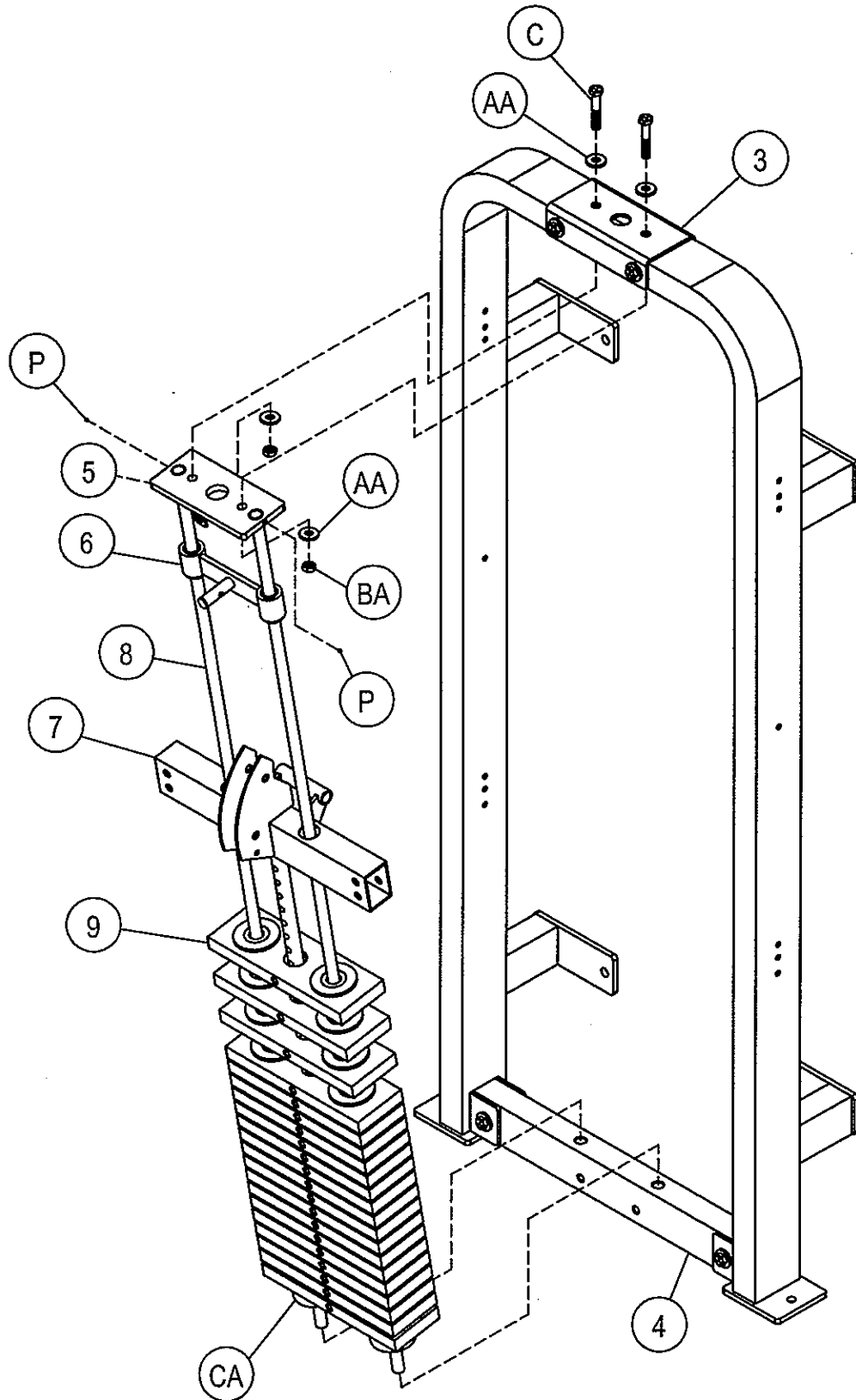
Part Descriptions

- 3 - Top Mount
- 4 - Lower Frame Support
- 5 - Guide Rod Top Mount
- 6 - Bench Lock Out
- 7 - Press Arm Mount
- 8 - Guide Rod
- 9 - 12 1/2 lb. Weight Plate

Hardware Descriptions

- C - 1/2-13 x 3 1/2" HHB (WZ)
- P - 5/16-18 x 5/16" Socket Set Screw
- AA - 1/2" SAE Flat Washer
- BA - 1/2" Nylok Washer
- CA - Weight Stack Bumper

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Step 2c

FRAME ASSEMBLY

Start assembly by attaching (11) to (1). Next attach (10) to (11). When finished, mount (12) to the top of (10). Repeat on other side by attaching (11) to (2) and (10) to (11). Finish off by attaching (12) to the top of (10). Wrench Tighten Bolts.

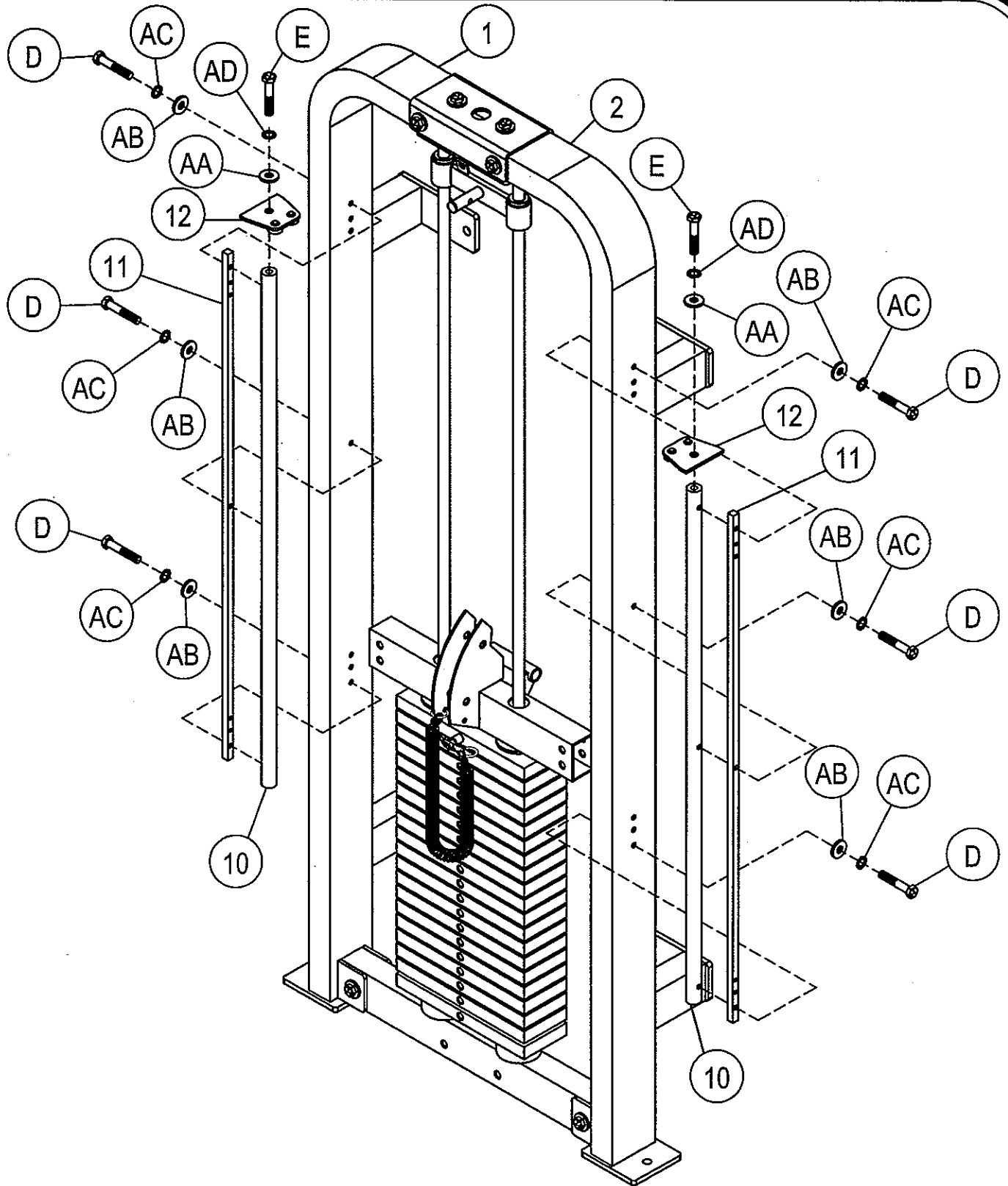
Part Descriptions

- 1 - Frame Upright (Left)
- 2 - Frame Upright (Right)
- 10 - Induction Hardened Shaft
- 11 - Square Shaft Mount
- 12 - Stopper Plate

Hardware Descriptions

- D - 5/16-18 x 2 1/2" HHB (WZ)
- E - 1/2-13 x 1" HHB (WZ)
- AA - 1/2" SAE Flat Washer
- AB - 5/16" Flat Washer
- AC - 5/16" Internal Tooth Lock Washer
- AD - 1/2" Internal Tooth Lock Washer

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Step 2d

FRAME ASSEMBLY

Start assembly by attaching (13) to (4). Next attach (CB) to (14). Slide the (CB) and (14) assembly up (10) and mount to (7). Repeat on other side, making sure the weight pin is in the bottom weight plate.
Wrench Tighten Bolts.

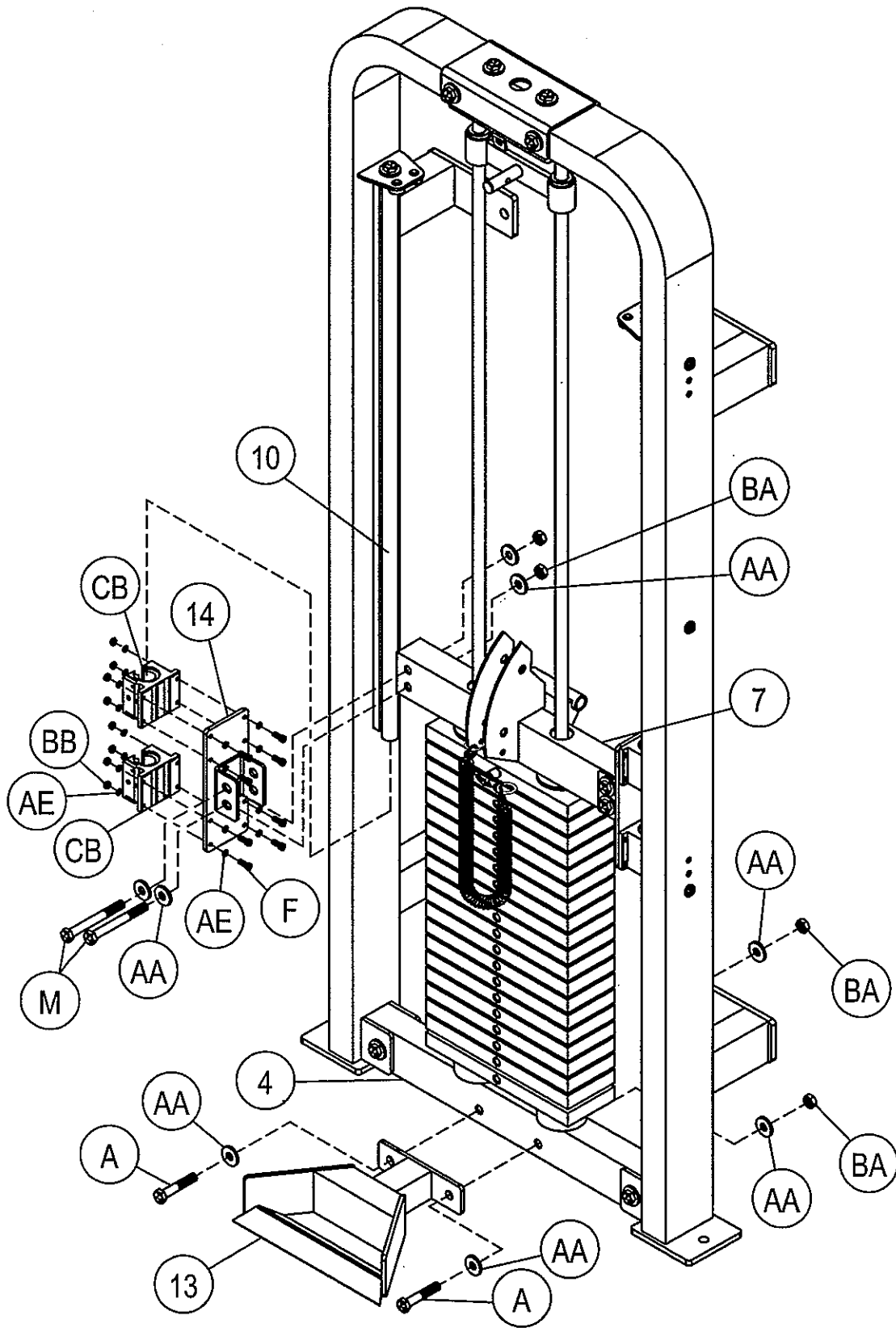
Part Descriptions

- 1 - Frame Upright (Left)
- 2 - Frame Upright (Right)
- 4 - Lower Frame Support
- 7 - Press Arm Mount
- 10 - Induction Hardened Shaft
- 13 - Bench Mount
- 14 - Bearing Mount

Hardware Descriptions

- A - 1/2-13 x 3 1/4" HHB (WZ)
- F - #10-24 x 1" HHB (WZ)
- M - 1/2 - 13 x 3" HHB (WZ)
- AA - 1/2" SAE Flat Washer
- AE - #10-24 Flat Washer
- BA - 1/2 Nylok Nut
- BB - #10-24 Nylok Nut
- CB - Pillow Block Linear Bearings

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Step 2e

FRAME ASSEMBLY

Start assembly by attaching (15) to (6) and secure with (CC). Next attach (16) to (7). Wrench Tighten Bolts.

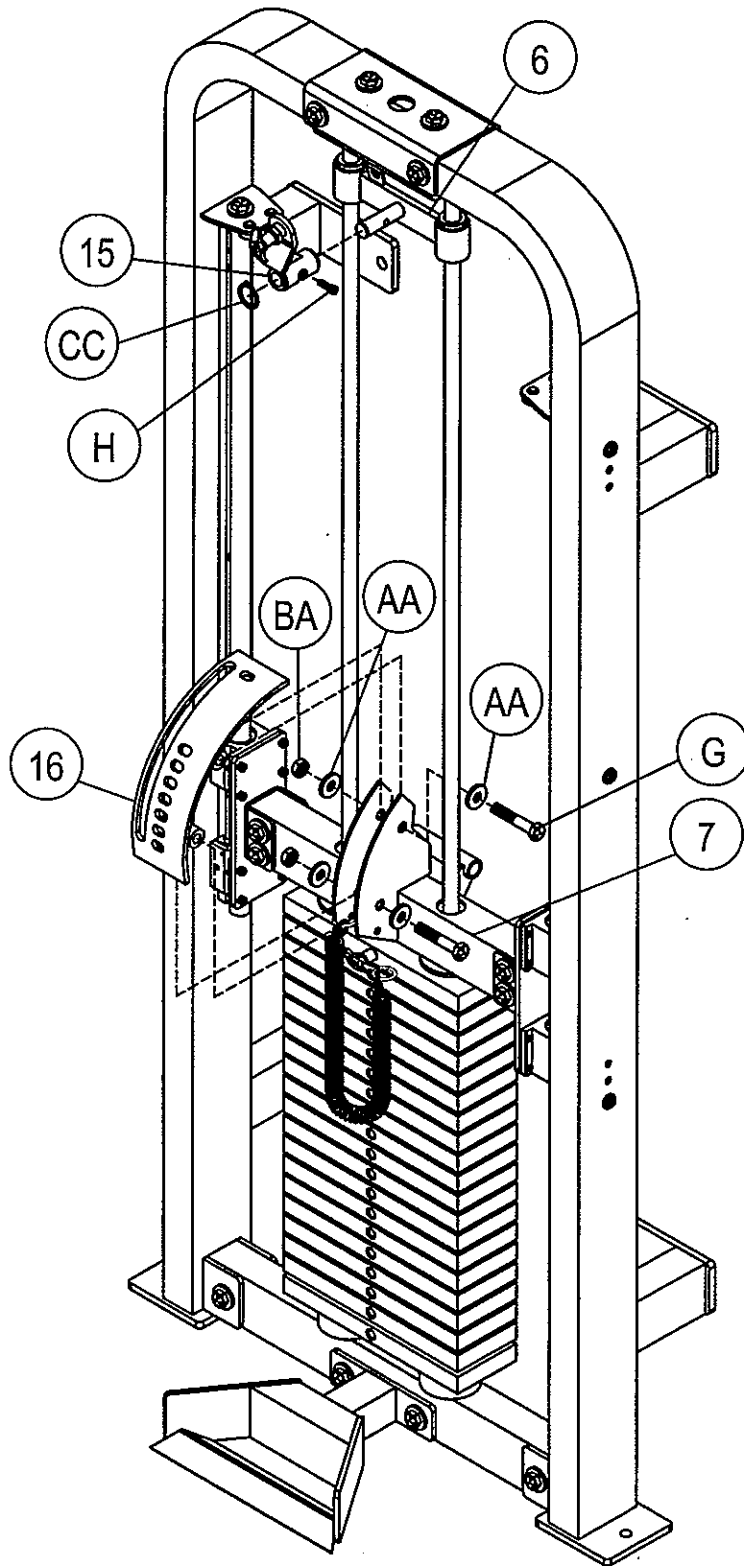
Part Descriptions

- 6 - Bench Lock Out
- 7 - Press Arm Mount
- 15 - Pull Pin Mount
- 16 - Range Of Motion

Hardware Descriptions

- G - 1/2-13 x 2 1/4" HHB (WZ)
- H - 5/16-18 x 3/4" SHS (BZ)
- AA - 1/2" SAE Flat Washer
- BA - 1/2" Nylok Nut
- CC - 3/4" O.D. Snap Ring

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Step 2f

FRAME ASSEMBLY

Start assembly by attaching both (18) and (19) to the back side of (7). Insert (20) and secure in the rear of assembly. Insert (17) in the front of the assembly and secure. Wrench Tighten bolts then loosen (BA) a half turn or enough to allow (17), (18), and (19) to pivot freely, without excessive play.

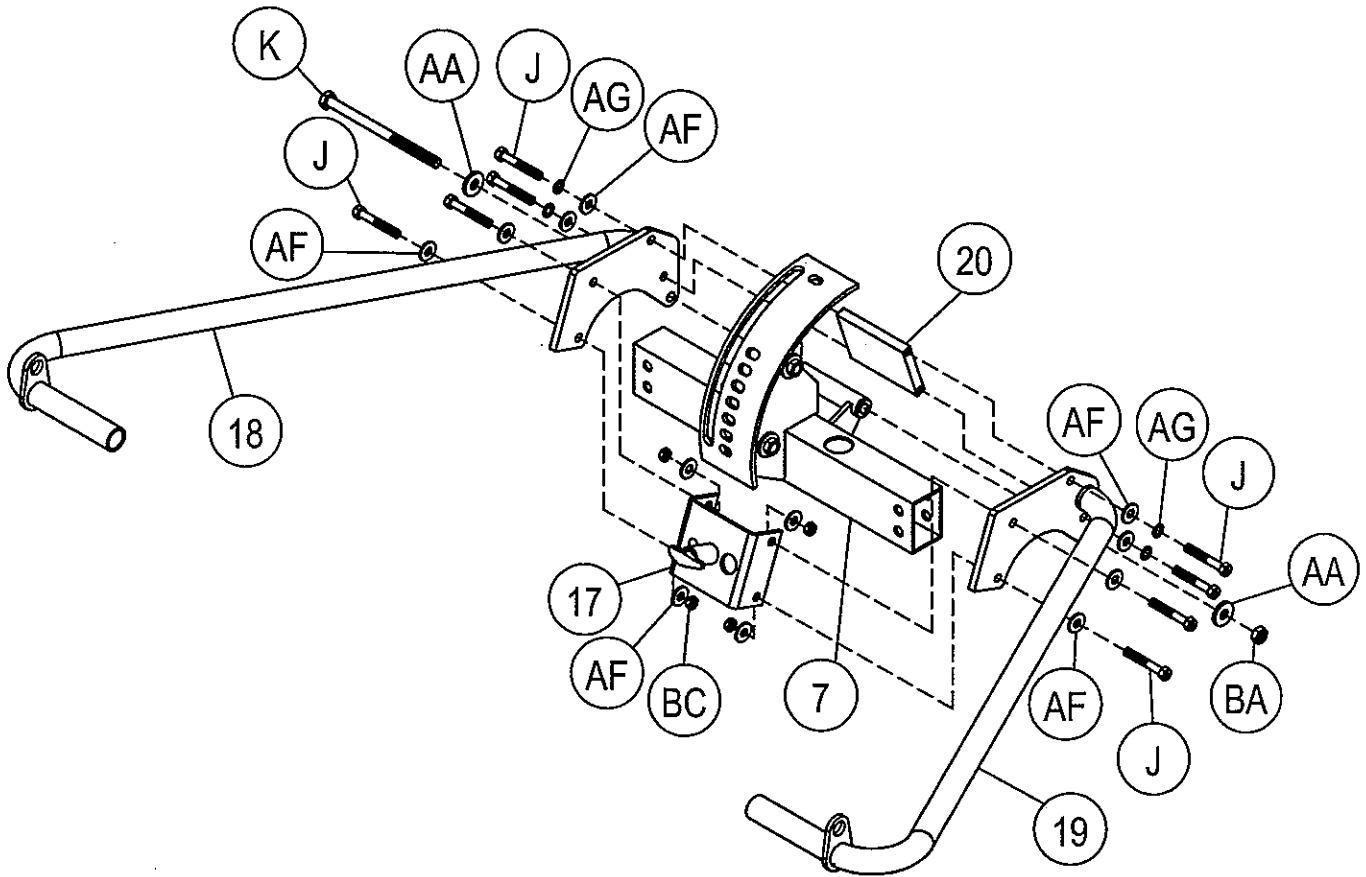
Part Descriptions

- 7 - Press Arm Mount
- 17 - Range Of Motion
- 18 - Press Arm (Left)
- 19 - Press Arm (Right)
- 20 - Press Arm Cross Member

Hardware Descriptions

- J - 3/8-16 x 1" HHB (WZ)
- K - 1/2-13 x 6" HHB (WZ)
- AA - 1/2" SAE Flat Washer
- AF - 3/8" USS Flat Washer
- AG - 3/8" Lock Washer
- BA - 1/2" Nylok Nut
- BC - 3/8" Nylok Nut

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Step 2g

FRAME ASSEMBLY

Start assembly by attaching (21) to the top side of (2) and attach (22) to the bottom end of (2), as shown. Wrench Tighten Bolts. Finish by attaching (23) to (21) and (22).

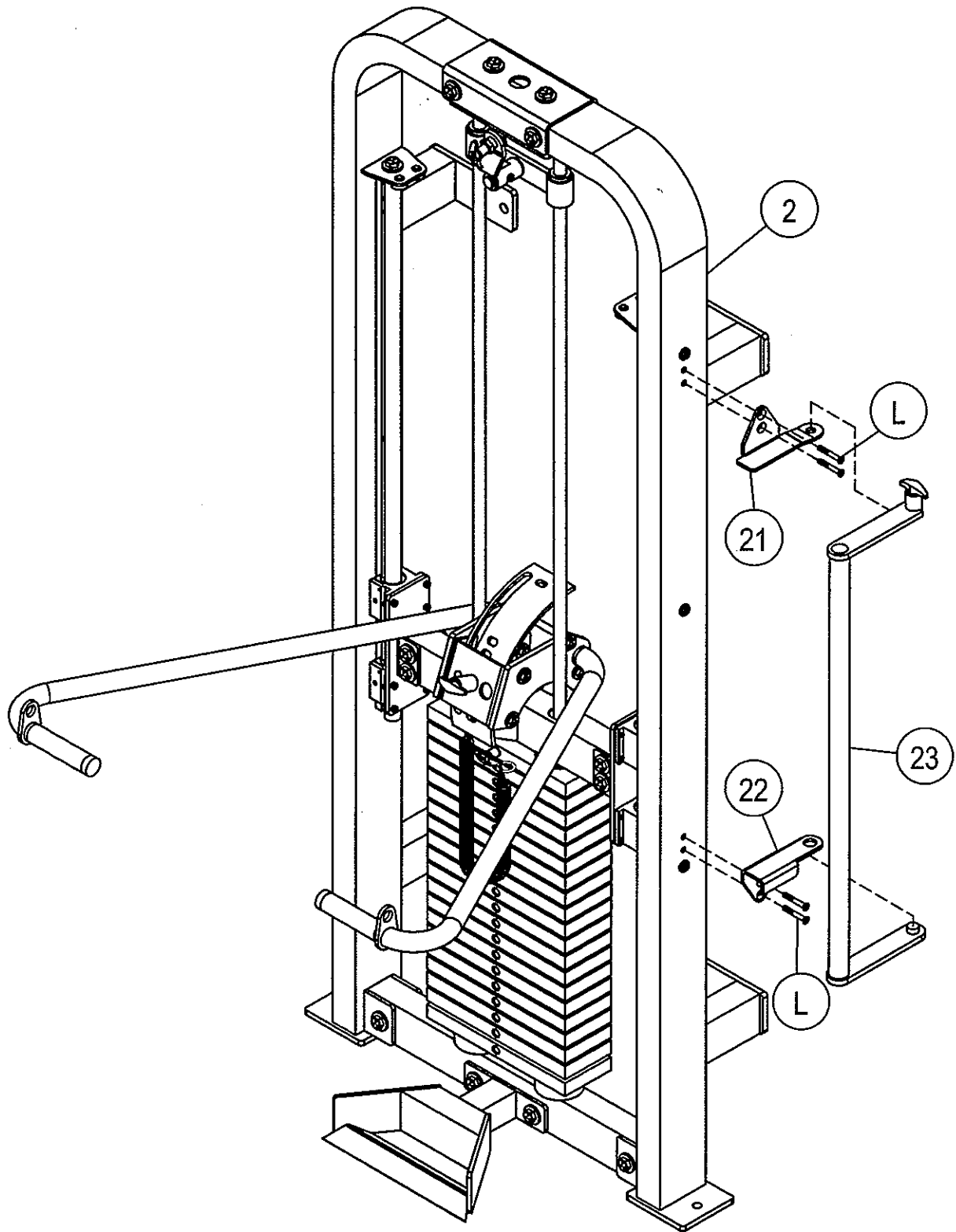
Part Descriptions

- 2 - Frame Upright (Left)
- 21 - Upper Multi-Task Bar Mount
- 22 - Lower Multi-Task Bar Mount
- 23 - Multi-Task Bar

Hardware Descriptions

- L - 5/16-18 x 3 1/4" FHS (WZ)

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PRE-ASSEMBLY PARTS

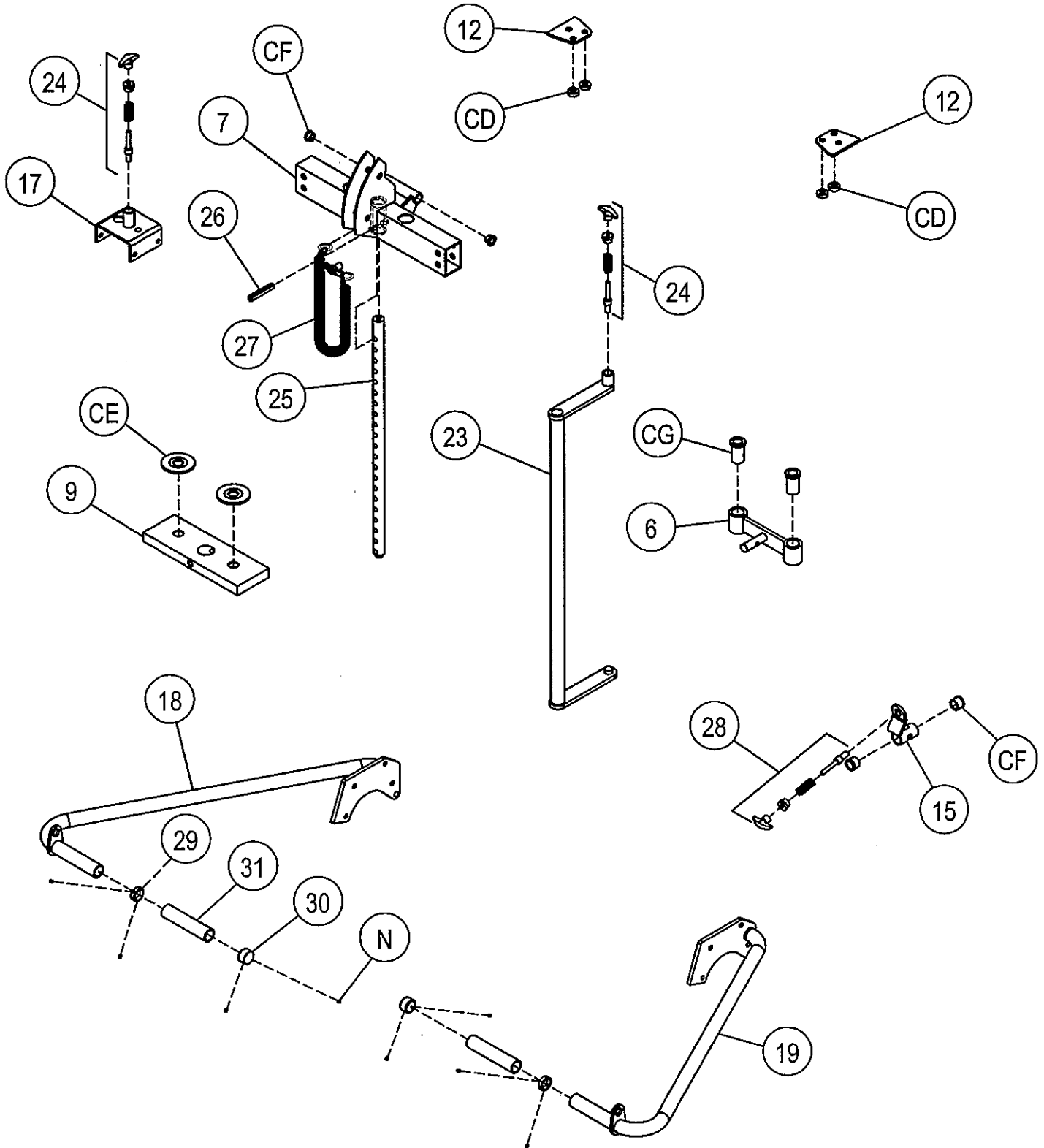
Part Descriptions

- 6 - Bench Lock Out
- 7 - Press Arm Mount
- 9 - 12 1/2 lb. Weight Plate
- 12 - Stopper Plate
- 15 - Pull Pin Mount
- 17 - Press Arm Pull Pin Mount
- 18 - Press Arm (Left)
- 19 - Press Arm (Right)
- 23 - Multi-Task Bar
- 24 - Pull Pin
- 25 - Weight Stem
- 26 - 7/16" x 2" Roll Pin
- 27 - Lanyard Coil
- 28 - Threaded Pull Pin
- 29 - Aluminum Ring
- 30 - Aluminum Cap
- 31 - Grip

Hardware Descriptions

- N - #10-32 x 1/8" Set Screw
- CD - Plug Bumper
- CE - Plastic Bushing
- CF - 3/4" Oilites
- CG - Plastic Bushing

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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X1387	Frame Upright (Left)
2	1	026-01X1386	Frame Upright (Right)
3	1	026-01P0794	Top Mount
4	1	026-01T1357	Lower Frame Support
5	1	026-01X1383	Guide Rod Top Mount
6	1	026-01X1376	Bench Lock-Out
7	1	026-01X1388	Press Arm Mount
8	2	026-01SG175	Guide Rod
9	20	026-01SW101	12 1/2 lb. Weight Plate
10	2	026-01SG174	Induction Hardened Shaft
11	2	026-01SG176	1/2" Square Shaft Mount
12	2	026-01P1373	Stopper Plate
13	1	026-01X1377	Bench Mount
14	2	026-01X1384	Bearing Mount
15	1	026-01X1375	Pull Pin Mount
16	1	026-01X1380	Range Of Motion
17	1	026-01X1385	Press Arm Pull Pin Mount
18	1	026-01X1390	Press Arm (Left)
19	1	026-01X1389	Press Arm (Right)
20	1	026-01P1397	Rear Press Arm Cross Member
21	1	026-01P1363	Upper Multi-Task Bar Mount
22	1	026-01P1364	Lower Multi-Task Bar Mount
23	1	026-01X1379	Multi-Task Bar
24	2	026-01M0128	Pull Pin
25	1	026-01SW110	Weight Stem
26	1	030-0303005	7/16" x 2" Roll Pin
27	1	010-0008001	Lanyard Coil
28	2		Threaded Pull Pin
29	2	026-01M0392	Aluminum Ring
30	2	026-01M0391	Aluminum Cap
31	2	026-01PL235-16	Plastic Grip

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HARDWARE LISTING

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	4	011-0107034	1/2-13 x 3 1/4" HHB (WZ)
B	2	011-0107014	1/2-13 x 5" HHB (WZ)
C	2	011-0407000	1/2-13 x 3 1/2" HHB (WZ)
D	6	011-0407041	5/16-18 x 2 1/2" HHB (WZ)
E	2	011-0407042	1/2-13 x 1" HHB (WZ)
F	16	011-0102019	#10-24 x 1" SHS (WZ)
G	2	011-0407043	1/2-13 x 2 1/4" HHB (WZ)
H	1	011-0407044	5/16-18 x 3/4" SHS (BZ)
J	8	011-0107007	3/8-16 x 1" HHB (WZ)
K	1	011-0307060	1/2-13 x 6" HHB (WZ)
L	4	011-0407045	5/16-18 x 3 1/4" FHS (WZ)
M	4	011-0107030	1/2-13 x 3" HHB (WZ)
N	8	011-0311005	#10-32 x 1/8" Set Screw
P	2	011-0311012	5/16-18 x 5/16" Socket Set Screw
AA	32	013-0102003	1/2" SAE Flat Washer
AB	6	013-0002001	5/16" Flat Washer
AC	6	013-0206002	5/16" Internal Tooth Lock Washer
AD	2	013-0302014	1/2" Internal Tooth Lock Washer
AE	32	013-0302016	#10-24 Flat Washer
AF	12	013-0402005	3/8" USS Flat Washer
AG	4	013-0102022	3/8" Internal Tooth Lock Washer
BA	15	012-0304011	1/2" Nylok Nut (WZ)
BB	16	012-0304012	#10-24 Nylok Nut (WZ)
BC	4	012-0104008	3/8" Nylok Nut (WZ)
CA	2	026-01PL201	Weight Stack Bumper
CB	4	014-0001002	Pillow Block Linear Bearing
CC	1	014-0023003	3/4" OD Snap Ring
CD	4	026-STD-06-0311	Plug Bumper
CE	40	026-01SW122	Weight Plate Bushing
CF	2	014-0101003	3/4" I.D. Oilites
CG	2	026-01PL134	Guide Rod Bushing

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ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

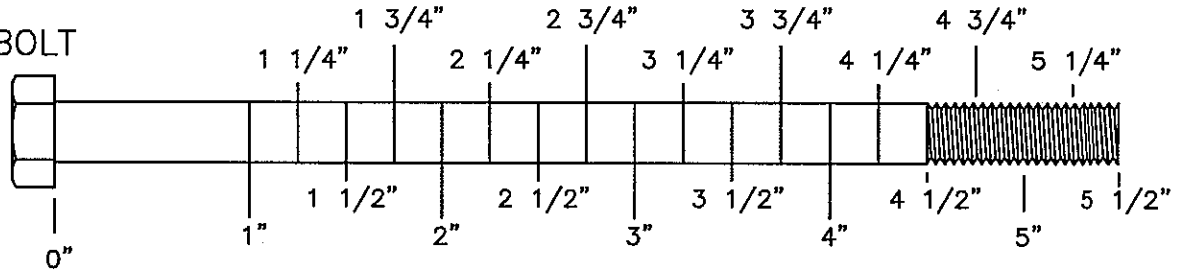
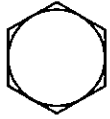
BHS = Button Head Screw

SHS = Socket Head Screw

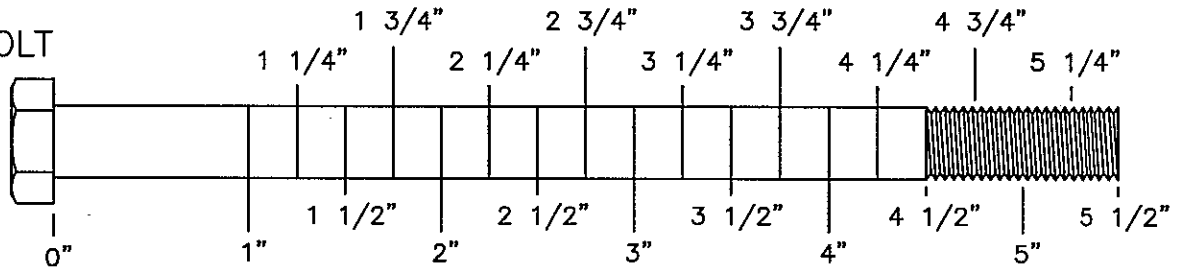
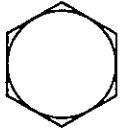
HHB = Hex Head Bolt

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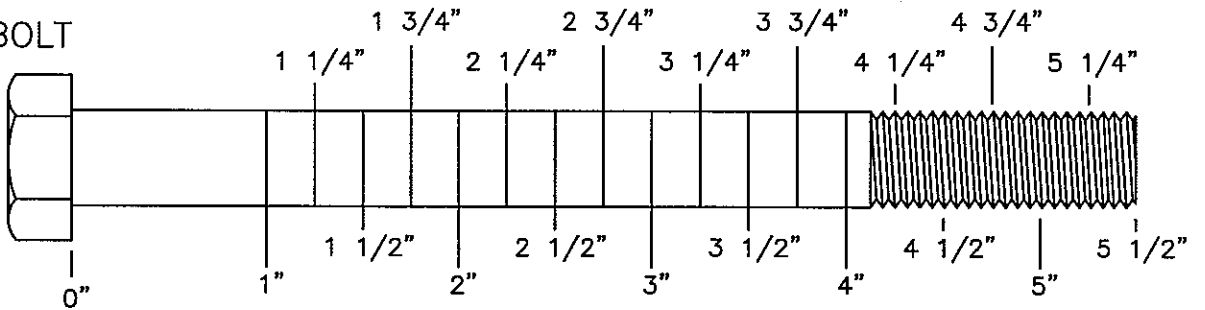
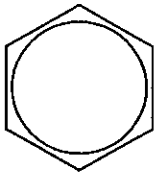
5/16" HEX BOLT



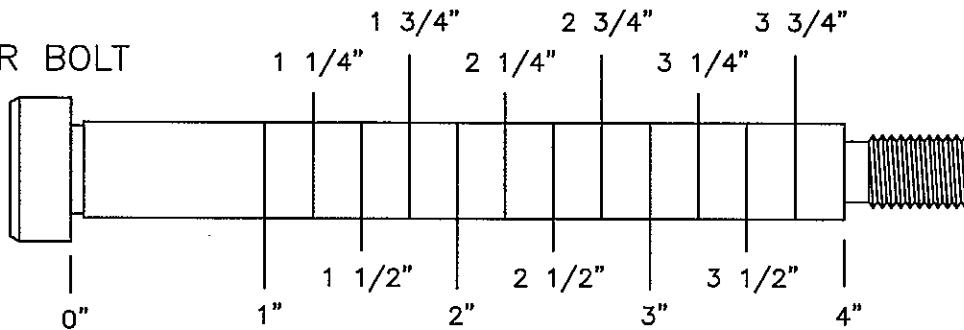
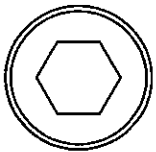
3/8" HEX BOLT



1/2" HEX BOLT

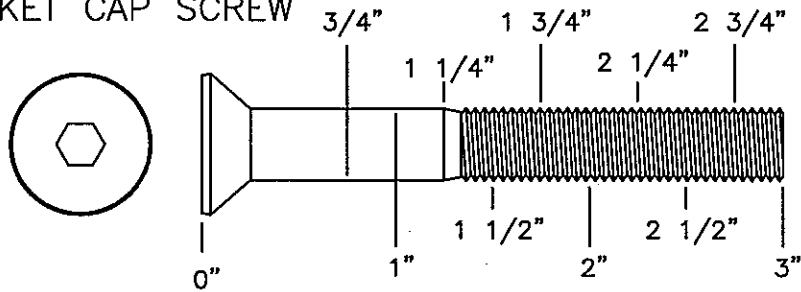


1/2" SHOULDER BOLT

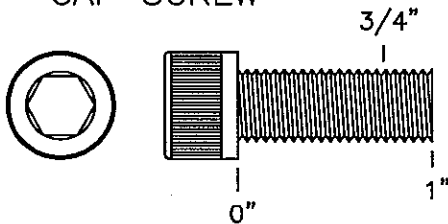


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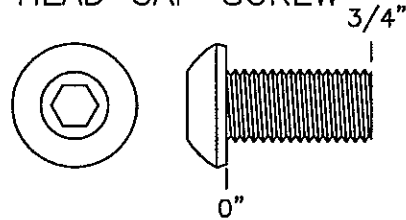
3/8" FLATHEAD
SOCKET CAP SCREW



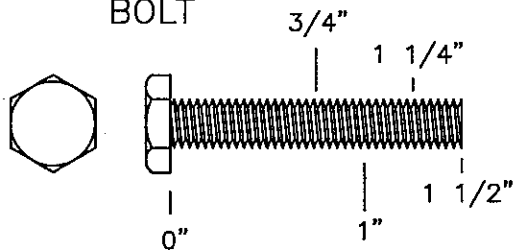
3/8" SOCKET
CAP SCREW



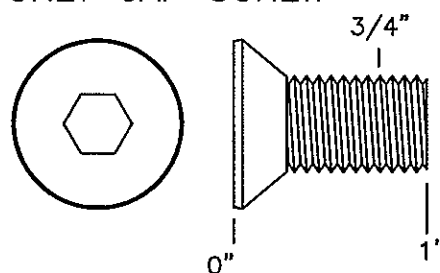
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

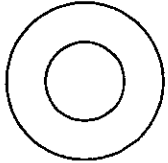


1/2" FLATHEAD
SOCKET CAP SCREW

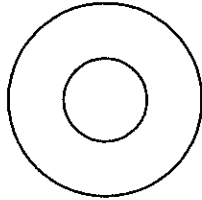


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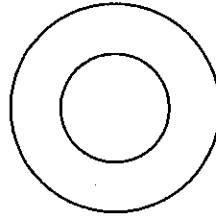
5/16"
FLAT WASHER
LARGE, USS, 25mm



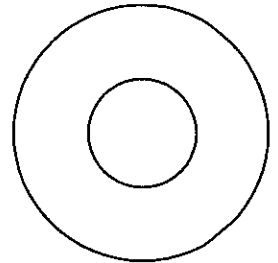
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm



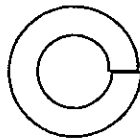
1/2"
FLAT WASHER
LARGE, USS, 34mm



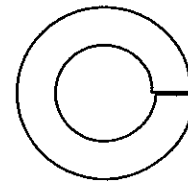
1/4"
LOCK WASHER



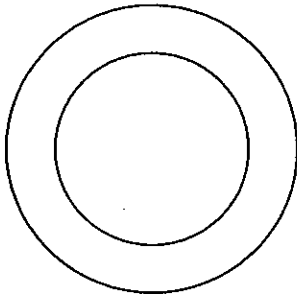
3/8"
LOCK WASHER



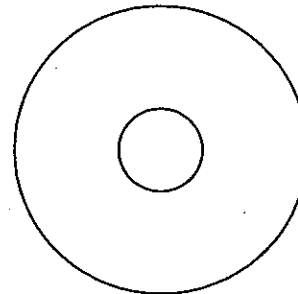
1/2"
LOCK WASHER



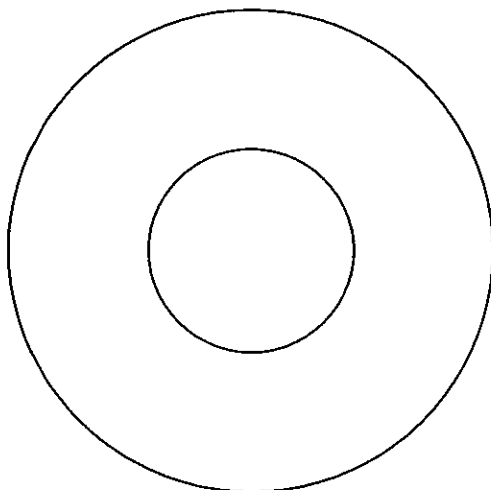
1" SHIM WASHER



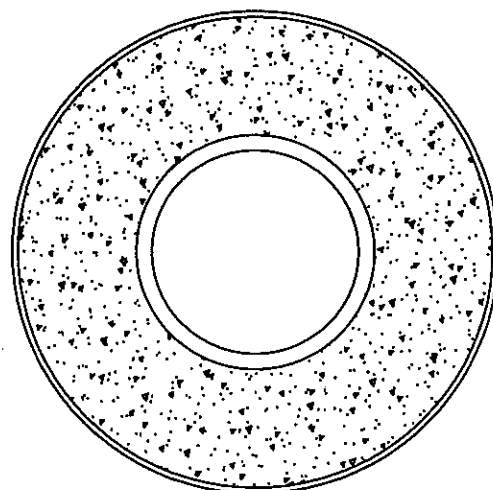
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

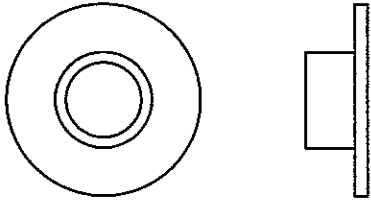


PLASTIC 1 1/16"
FENDER WASHER

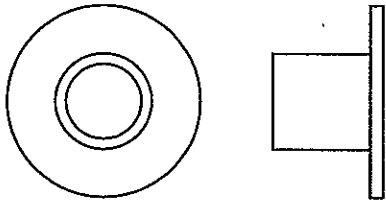


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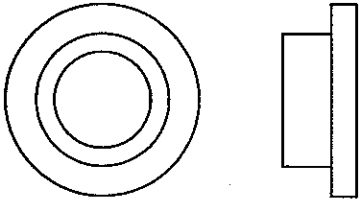
1/4" LONG
FLANGED SPACER



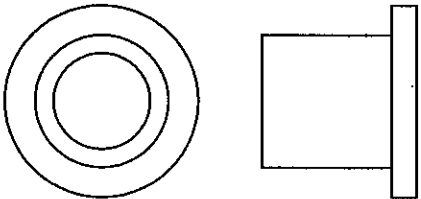
1/2" LONG
FLANGED SPACER



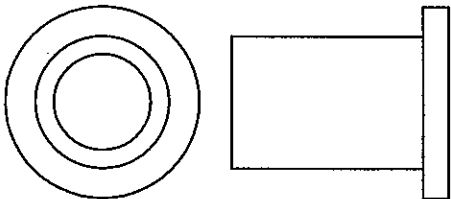
1/4" LONG HEAVY
FLANGED SPACER



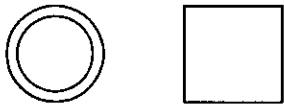
1 1/16" LONG HEAVY
FLANGED SPACER



1" LONG HEAVY
FLANGED SPACER



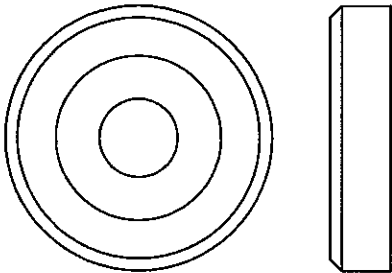
1/2" LONG
SPACER



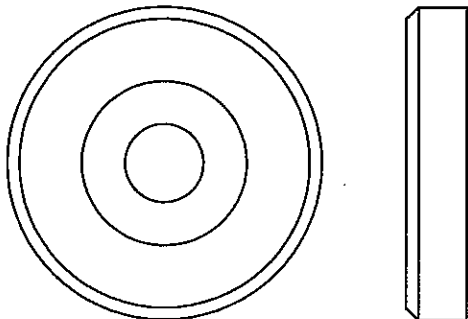
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP

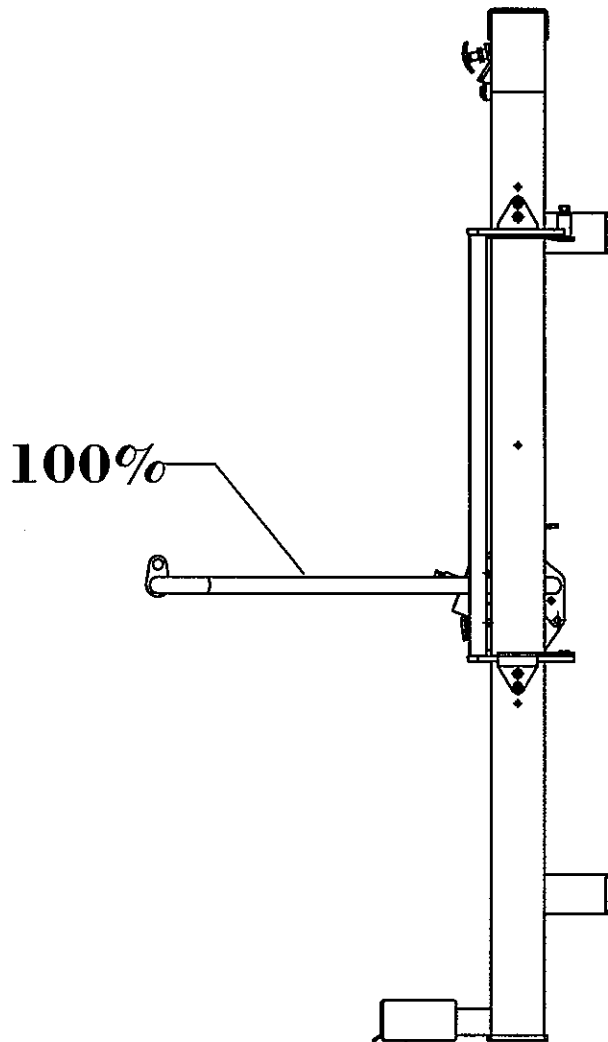


1 5/8" ALUMINUM
FLATHEAD CAP



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WEIGHT RATIOS



	100%	
1	49	
2	61.50	
3	74	
4	86.50	
5	99	
6	111.50	
7	124	
8	136.50	
9	149	
10	161.50	
11	174	
12	186.50	
13	199	
14	211.50	
15	224	
16	236.50	
17	249	
18	261.50	
19	274	
20	286.50	
21	299	

The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

OWNERS MANUAL

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

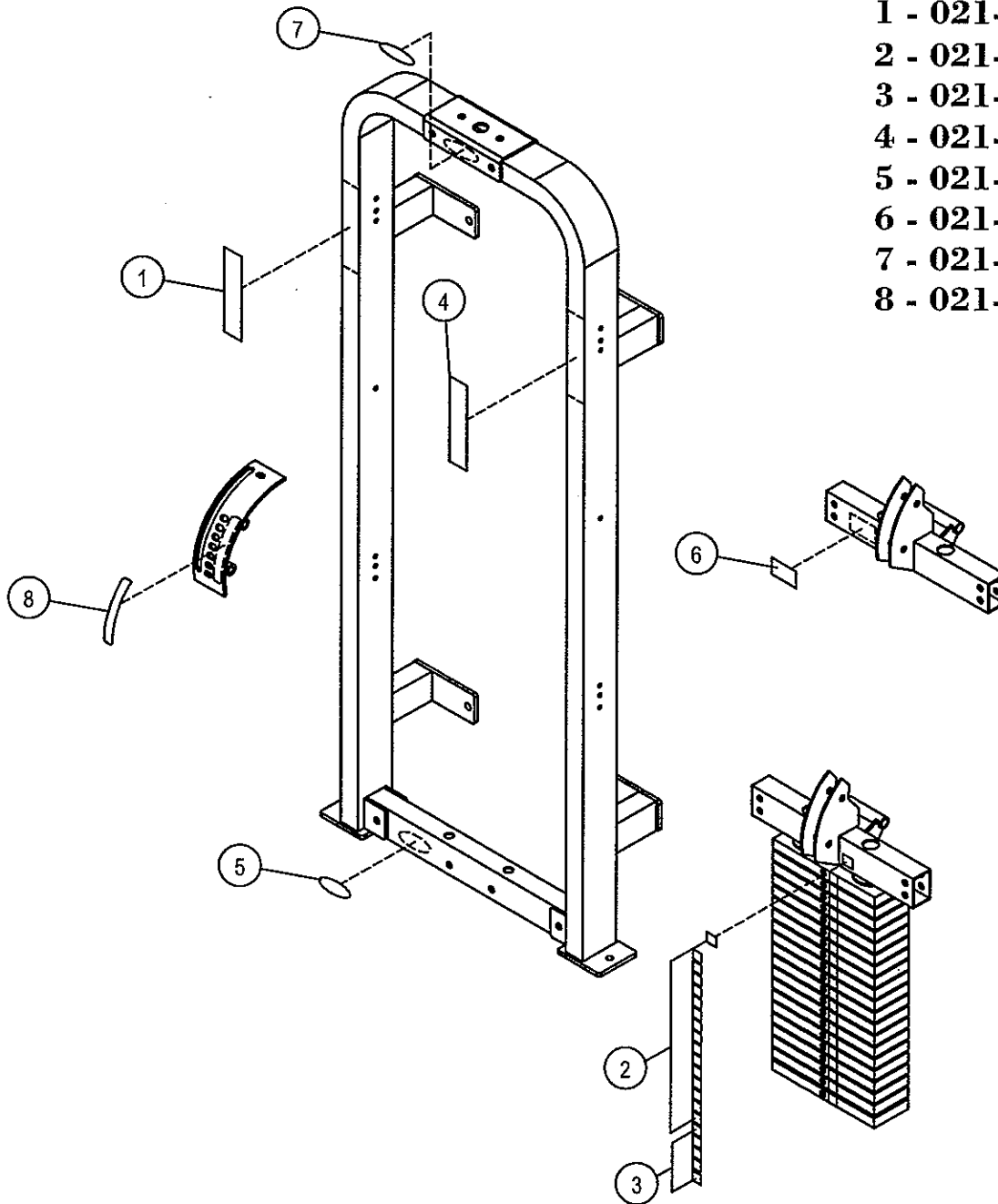
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS MANUAL

DECAL PLACEMENTS

Decal Descriptions

- 1 - 021-0003008
- 2 - 021-0003011
- 3 - 021-0003071
- 4 - 021-0003135
- 5 - 021-0003136
- 6 - 021-0003138
- 7 - 021-0004029
- 8 - 021-0004108

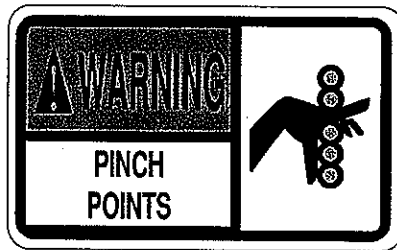


OWNERS MANUAL

DECAL REFERENCE



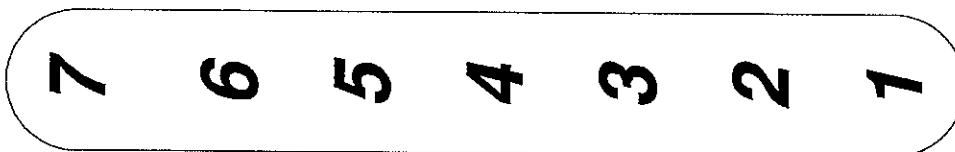
021-0003136



021-0003138



021-0004029



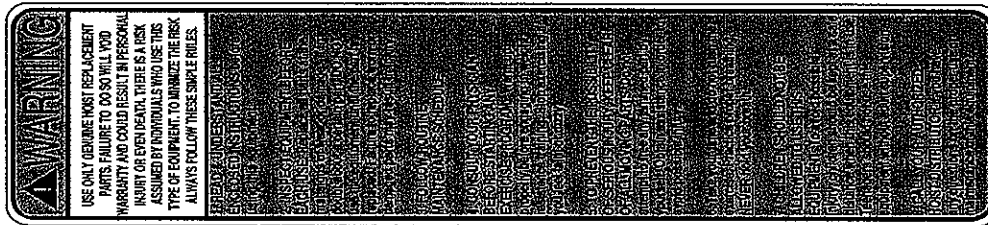
021-0004108

OWNERS MANUAL

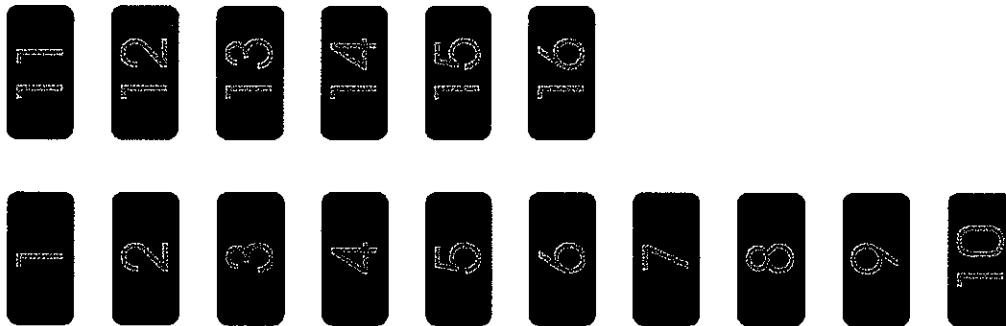
DECAL REFERENCE

NOTICE	COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	Yearly
		Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X		
Clean; Upholstery		X			
Inspect: Cables or Belts and their tension		X			
Inspect: Accessory Bars and Handles			X		
Inspect: All Decals			X		
Inspect: All nuts and Bolts Tighten if Needed.			X		
Inspect: Anti-Skid Surfaces			X		
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)				X	
Lubricate; Seat Sleeves, Turco Bushings, Linear Bearing				X	
Clean & Wax; All Glossy Finishes					X
Repack with Grease Linear Bearings					X
Replace; Cables, Belts and Connecting Parts.					X

021-0003008



021-0003135



021-0003011



021-0003071

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.*
- *Check springs in snap hooks and pull-pins for proper tension and alignment.*
- *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*
- *Replace ripped or worn upholstery immediately.*
- *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

- *Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.*
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.*

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.*
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.*

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

OWNERS MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY															
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY																
Clean; Upholstery	DAILY	WEEKLY																
Inspect; Cables or Belts and their tension	DAILY	WEEKLY																
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS																
Inspect; All Decals	WEEKLY	3 MONTHS																
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS																
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS																
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS																
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS																
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY																
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY																
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS																

*Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.*

OWNERS MANUAL

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438
Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS